

Breakfast for Lunch with Nurse Steve



Thursday, March 10, Noon

Bring your friends and enjoy a delicious breakfast for lunch. A variety of breakfast foods will be offered.

Nurse Steve's talk will be "Why do I have so much trouble sleeping? A discussion on the importance of sleep and how to fall asleep and stay asleep"

Sign-up by Tuesday, March 8
\$4.68 (Regular meal cost)



Urbana Senior Center
9020 Amelung Street, Frederick, MD 21704
(located on the lower level of the Urbana Regional Library)

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